

Adult Day Care Programs

The Senior Nutrition Program supports the cost of lunches served to seniors at the following non-profit adult day care programs:

Bethesda Fellowship House.....301-654-2077
8015 Old Georgetown Road
Bethesda 20814

Holy Cross Adult Day Care.....301-754-7150
9805 Dameron Drive
Silver Spring 20902

Misler Center.....301-468-1740
JCA Senior Day Care—Kosher Meals
1801 East Jefferson Street
Rockville 20852

Shady Grove Adventist Adult Day Care.....301-315-1971
9701 Medical Center Drive
Rockville 20850

The Support Center.....301-738-2250
1010 Grandin Avenue
Rockville 20851

Winter Growth.....301-774-7501
18110 Prince Philip Drive
Olney 20832



Montgomery County
Douglas M. Duncan, County Executive
Department of Health and Human Services
Aging and Disability Services

Call the Nutrition Office at:
240-777-3810 (voice) 240-777-1236 (TTY)

Or the individual sites for more information, or if you need any aids or services to participate in this program.

Language translation and alternate formats of the document are available upon request.

What Are You Doing For Lunch?



SENIOR NUTRITION PROGRAM
401 Hungerford Dr. 4th floor
Rockville, MD 20852
240-777-3810 (voice)
240-777-1236 TTY
www.co.mo.md.us/hhs/ads

The Senior Nutrition Program

- Provides meals in congregate settings where activities and services for seniors are available.
- Each meal meets 1/3 of the Recommended Dietary Allowances for older adults and follows the Dietary Guidelines for Americans.
- The program also provides meals for those who are homebound.
- Nutrition screening, nutrition education and counseling are available.

Eligibility

Anyone 60 years of age and older is eligible to participate. Spouses of any age are welcome. Donations for the meal are encouraged. They are voluntary and anonymous and are used to provide more meals.



Seniors may bring guests—those under 60 years pay full price for the meal.

Home Delivered Meals



Home delivered meals may be available for seniors who are homebound due to illness or disability. For information, call: 240-777-3810

Activities

Activities that are provided include exercise programs, classes and computer training at some sites, games, arts and crafts and social activities. Come and join us.



Congregate Nutrition Sites

All congregate Nutrition Sites are ADA compliant

Lunch is served at noon, Monday through Friday, except as noted. Reservations are needed by 1:00 p.m. at least one day in advance. For reservations call the sites.

Arcola Tower301-649-9208
1135 University Blvd. Wheaton, 20902

Coffield Community Center240-777-4904
2450 Lyttonsville Road
Silver Spring 20910
Thursday only

Damascus Senior Center301-253-1801
9701 Main Street, Damascus 20872

East County Community Center301-572-7004
3310 Gateshead Manor Way
Silver Spring 20904
Tuesday and Friday only

Elizabeth House.....301-565-7613
1400 Fenwick Lane, Silver Spring 20910

Fairland Community Center.....240-777-4970
14906 Old Columbia Pike
Burtonsville 20866
Thursday only

Germantown Community Center301-601-1685
18905 Kingsview Road
Germantown 20874
Monday and Thursday only

Holiday Park Senior Center.....301-468-4448
3950 Ferrara Drive, Wheaton 20906

Holly Hall Apartments.....301-439-0900
10100 New Hampshire Avenue
Silver Spring, 20903

Lakeview House301-469-6927
10250 Westlake Drive, Bethesda 20817

Long Branch Community Center.....301-431-5708
8700 Piney Branch Rd.
Silver Spring 20901
Lunch at 1:00 p.m.

Margaret Schweinhaut Senior Center301-681-1255
1000 Forest Glen Road
Silver Spring 20901

Owens Park Recreation Center301-428-8127
19900 Beallsville Road
Beallsville 20839
Tuesday and Wednesday only

Rockville Senior Center.....240-314-8810
1150 Carnation Drive
Rockville 20850

Ross Boddy Community Center301-570-1215
18529 Brooke Road
Sandy Spring 20860
Monday, Wednesday and Thursday only

Waverly House301-986-0052
4521 East West Highway, Bethesda 20814
Lunch at 12:15 p.m.



Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg 20878

Meals are prepared on site
Reservations are needed by 2:00 p.m.
one day in advance
For information and reservations, call
301-258-6380



Ethnic Programs

Kosher meals are served at three sites
with programming by the Senior Adult
Division, **Jewish Community Center.**
Call **301-230-3751**

Hebrew Academy
13300 Arctic Avenue
Rockville 20853
Tues., Wed. Thurs. Fri. only

Coffield Community Center
2450 Lyttonsville Road
Silver Spring 20910
Wednesday only

Jewish Community Center
6125 Montrose Road
Rockville 20852
Tues. Thurs. and Fri. only

Vietnamese meals and programs
are offered by the Vietnamese Senior Association of Maryland at:

Long Branch Community Center
301-384-4249
8700 Piney Branch Road
Silver Spring 20901
Tuesday only

Chinese meals are served at two sites with
programming by Evergreen Senior Program,
Chinese Culture & Community Service Center.
Call **240-631-1200**

Germantown Community Center
18905 Kingsview Road
Germantown 20874
Tuesday, Wednesday and Friday only

Rockville Senior Center
1150 Carnation Drive
Rockville 20850
Friday only

Tilden Middle School
11211 Old Georgetown Road
Rockville 20852
Saturday only

Korean meals and programs are offered by
two organizations:

Korean Community Service Center
Global Mission Church301-933-7010
13421 Georgia Avenue
Silver Spring 20906
Tuesday and Thursday only

Korean American Senior Citizens Assoc. of MD
Global Mission Church.....301-924-5325
13421 Georgia Avenue
Silver Spring 20906
Monday and Wednesday only

Garden Apartments 301-445-3690
440 University Blvd. East
Silver Spring 20901
Thursday only

Londonderry Towers.....301-921-4284
17060 King James Way
Gaithersburg 20877
Friday only